

C1 <sup>3</sup>~~51~~. (Amended) A composition according to claim <sup>1</sup>~~45~~[, 49,] or <sup>2</sup>~~50~~, wherein the essential nutrient preparation further comprises ascorbic acid.

C2 <sup>4</sup>~~52~~. (Amended) A composition according to claim <sup>1</sup>~~45~~[, 46, 49,] or <sup>2</sup>~~50~~, wherein the one or more natural isomers of reduced folate is selected from the group consisting of 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof.

C3 <sup>8</sup>~~53~~. (Amended) A composition according to claim <sup>1</sup>~~45~~[, 46, 49,] or <sup>2</sup>~~50~~, wherein each of the one or more natural isomers of reduced folate is substantially chirally pure.

C4 <sup>16</sup>~~58~~. (Amended) A method according to claim <sup>9</sup>~~54~~[, 56,] or <sup>10</sup>~~57~~ further comprising:

incorporating into the nutritional substance an amount of one or more unnatural isomers of reduced folate selected from the group consisting of (6R)-tetrahydrofolic acid, 5-methyl-(6R)-tetrahydrofolic acid, 5-formyl-(6R)-tetrahydrofolic acid, 10-formyl-(6S)-tetrahydrofolic acid, 5,10-methylene-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6S)-tetrahydrofolic acid, 5-formimino-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof, wherein the amount of the one or more unnatural isomers of reduced folate is less than or equal to the amount of the one or more natural isomers of reduced folate.

C5 <sup>17</sup>~~59~~. (Amended) A method according to claim <sup>9</sup>~~54~~[, 56,] or <sup>11</sup>~~57~~, [ or 62] wherein the essential nutrient preparation further comprises ascorbic acid.

<sup>10</sup>~~64~~<sup>8</sup> (Amended) A method according to claim <sup>9</sup>~~54~~, 55, 56,] <sup>10</sup>~~or 57~~, or 62], wherein each of the one or more natural isomers of reduced folate is substantially chirally pure.

C5 <sup>10</sup>~~65~~<sup>1</sup> (Amended) A method according to claim <sup>9</sup>~~54~~, 55, 56,] <sup>10</sup>~~or 57~~, or 62], wherein the one or more natural isomers of reduced folate is selected from the group consisting of 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof.

<sup>10</sup>~~66~~<sup>6</sup> (Amended) A method according to claim [55,] <sup>10</sup>~~57~~, [ or 62] wherein said method further comprises:  
incorporating a vitamin into the food preparation.

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<sup>19</sup>~~68~~<sup>20</sup> (Amended) A composition according to claim <sup>19</sup>~~67~~ [or 69], wherein the essential nutrient preparation further comprises ascorbic acid.

C6 <sup>19</sup>~~69~~<sup>21</sup> (Amended) A composition according to claim <sup>19</sup>~~67~~ [, 68, or 69], wherein the one or more natural isomers of reduced folate is selected from the group consisting of 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof.

<sup>19</sup>~~70~~<sup>71</sup> (Amended) A composition according to claim <sup>19</sup>~~67~~ [, 68, or 69], wherein each of the one or more natural isomers of reduced folate is substantially chirally pure.

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<sup>96</sup>~~72~~<sup>73</sup> (Amended) A method according to claim <sup>96</sup>~~73~~ [or 75] further comprising:  
incorporating into the nutritional substance an amount of one or more unnatural isomers of reduced folate

selected from the group consisting of (6R)-tetrahydrofolic acid, 5-methyl-(6R)-tetrahydrofolic acid, 5-formyl-(6R)-tetrahydrofolic acid, 10-formyl-(6S)-tetrahydrofolic acid, 5,10-methylene-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6S)-tetrahydrofolic acid, 5-formimino-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof, wherein the amount of the one or more unnatural isomers of reduced folate is less than or equal to the amount of the one or more natural isomers of reduced folate.

C7 28. (Amended) A method according to claim 26 [or 75], wherein the essential nutrient preparation further comprises ascorbic acid.

29. (Amended) A method according to claim 26 [or 74, or 75], wherein each of the one or more natural isomers of reduced folate is substantially chirally pure.

30. (Amended) A method according to claim 26 [or 74, or 75], wherein the one or more natural isomers of reduced folate is selected from the group consisting of 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof.

34. (Amended) A method according to claim 26 [or 74], wherein [the] said method further comprises:  
incorporating a vitamin into the food preparation.

C8 36. (Amended) A method of increasing a human subject's dietary intake of folate comprising administering to the human subject a composition [according to claim 46] for human consumption comprising:

one or more natural isomers of reduced folate selected from the group consisting of (6S)-tetrahydrofolic acid, 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 10-formyl-(6R)-tetrahydrofolic acid, 5,10-methylene-(6R)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, 5-formimino-(6S)-tetrahydrofolic acid, and polyglutamyl derivatives thereof; and

a nutritional substance for human consumption being a food preparation;

CS wherein the food preparation comprises two or more food components and each gram of said food preparation has a natural molar amount, N, of said one or more natural isomers of reduced folate, wherein N is greater or equal to zero and wherein each gram of said composition has a total molar amount, T, of said one or more natural isomers of reduced folate greater than N; and

wherein each gram of said composition further comprises no unnatural isomers of reduced folate selected from the group consisting of (6R)-tetrahydrofolic acid, 5-methyl-(6R)-tetrahydrofolic acid, 5-formyl-(6R)-tetrahydrofolic acid, 10-formyl-(6S)-tetrahydrofolic acid, 5,10-methylene-(6S)-tetrahydrofolic acid, 5,10-methenyl-(6S)-tetrahydrofolic acid, 5-formimino-(6R)-tetrahydrofolic acid, and polyglutamyl derivatives thereof, or, if present, one or more of said unnatural isomers of reduced folate in a molar amount less than T minus N.

31. 38. (Amended) A method of increasing a human subject's dietary intake of folate comprising administering to the human subject a composition [according to claim 49] for human consumption comprising:

one or more natural isomers of reduced folate selected from the group consisting of (6S)-tetrahydrofolic acid, 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-